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homemakers' chat

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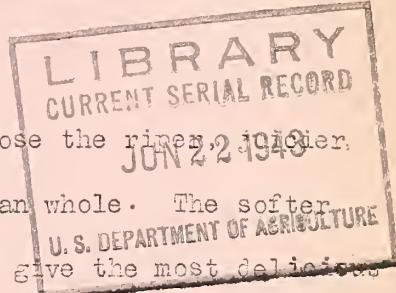
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MONTGOMERY, JUNE 14, 1943

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Subject: "CANNING FRUIT JUICE AT HOME." Information from home economists of the U. S. Department of Agriculture.

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As you do your canning and preserving this season, choose the ripe, sweeter fruits to bottle as juice....the firmer fruits to can whole. The softer fruits, not good for canning because they lose their shape, give the most delicious juice, provided they are free from bruises and decay and are not overripe.

From the first juicy pink rhubarb stalks ready in the spring to the last of the grapes and cranberries in the fall you have a choice of fruits for juice. Right now some of the best juice-makers of all are in season--the berries and cherries. Raspberries, blackberries, loganberries, dewberries and currants all make excellent juice. Later on come plums, also good choices for juice. Strawberries, are one exception to the rule that berries are good juice-makers. For strawberry juice loses its color and flavor very fast..is not worth the trouble of putting up. On the other hand, red raspberries make some of the finest juice..juice that holds its fresh delicate flavor over many months even though the color may fade a little. Of course, wild raspberries and blackberries are good for juice, too..so is the wild Muscadine grape. You know, this is a year to save and make use of the good wild fruits as well as the fruits from orchards and gardens.

To keep the fresh fruit flavor in juice it is important to extract the juice from raw fruit or from fruit just slightly heated. If you cook the fruit much to get out the juice, the juice will have a cooked taste which is different from that fine fresh flavor. The reason that apples and peaches are not good choices for home-canned fruit is that they need too much heating in order to give up their juice.



Putting up fruit juice is a very simple process. But here are 10 do's and don'ts you should know about it before you start.

First, be sure jars or bottles--whichever you are going to use for juice--have no nicks or cracks.

Second, be sure the caps for jars or bottles will seal airtight. Home economists recommend for bottles the crown caps with shiny brown paper facing that you seal with a capping device.

Third, to sterilize bottles and jars, as well as jar caps with no rubber on them, boil for 5 minutes. Bottle caps and jar caps with rubber "made on" will not stand boiling this way. Dip them quickly into boiling water just before you use them.

Fourth, be sure fruit is not too ripe. One spot of rot can spoil a whole batch.

Fifth, do not keep fruit too long before you put it up. While fruit waits, keep it cool and well ventilated.

Sixth, wash fruit well but don't soak it.

Seventh, remember that "time is of the essence" if you want to get all possible fresh flavor, color and vitamin value in your canned fruit. If you prepare fruit in small batches, you cut canning time.

Eighth, study directions...get canning time and temperature in mind before you start..then follow carefully to be sure of best results.

Ninth, fill jars quickly..seal tightly..and cool in air.

Tenth, store in a cool, dry place away from light. A cool storage place...above freezing but not much over 60..saves color, flavor and food value. A cool, dry, dark basement is a good place to keep canned fruit juices for the summer.

Now for the directions for putting up juice. Wash fruit but do not soak it. Remove any pits and crush the fruit. Now heat the fruit gently at a heat below

simmering until it is soft. Strain it through a cloth bag. If you wish to add sugar, one-half cup to one cup of sugar per gallon of juice is enough sugar. (But I do not need to use sugar at all in putting up juice. Sugar helps hold color & flavor but is not necessary to make the juice keep from spoilage.)

Heat the strained juice just to the simmering point and then pour it into hot jars or bottles. Fill up to one-eighth inch of the top of the bottle. Completely seal crown-cap bottles or jar tops that have rubber "made on". Partially seal other kind of jars. Set jars or bottles in boiling-water bath, and process for 5 minutes. After removing from the water complete the seal of those jars that went only partially sealed.

Putting up fruit juice is easy, you see. And it has other advantages. It's a way of saving fruit and also saving sugar since you can put it up with little or no sugar. It provides the family with delicious beverages for next winter...breakfasts especially. And along with its appetizing qualities fruit juice give valuable vitamins and minerals.

